

1997

Northern Iowa Panthers 1997 (Men's Track & Field)

University of Northern Iowa

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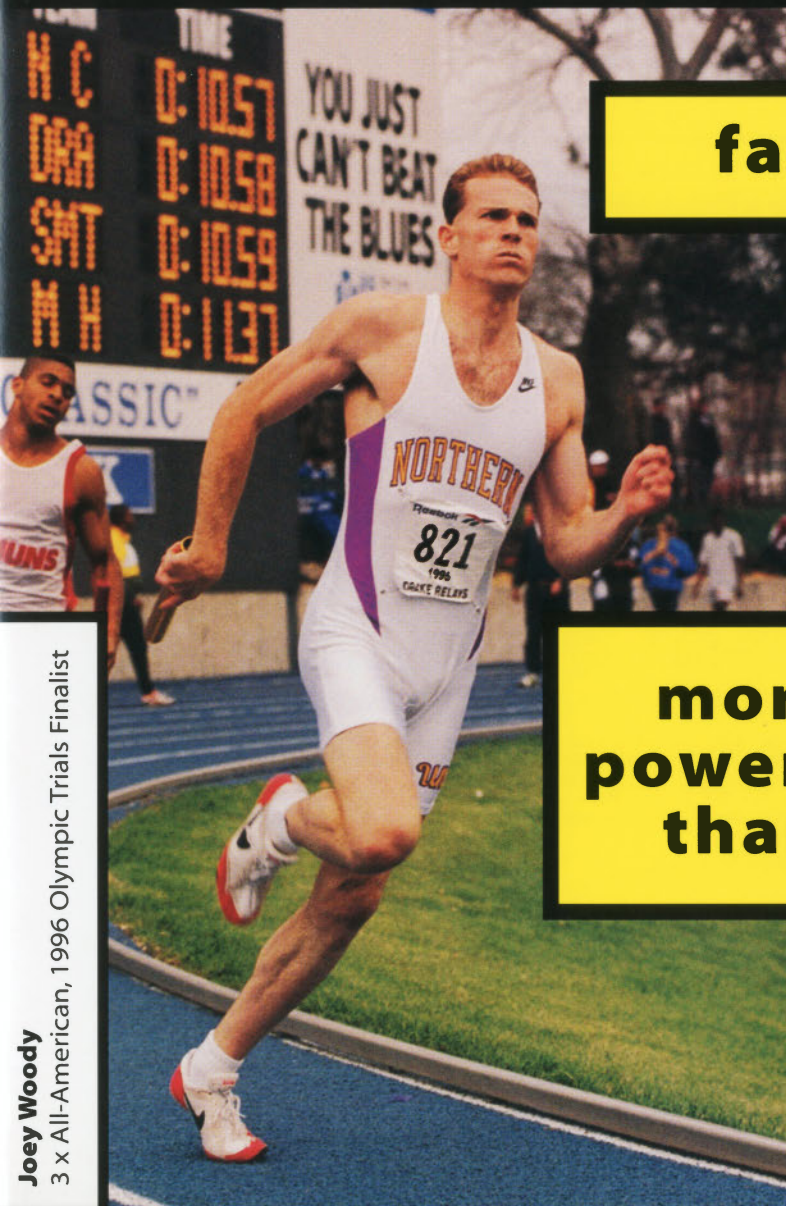
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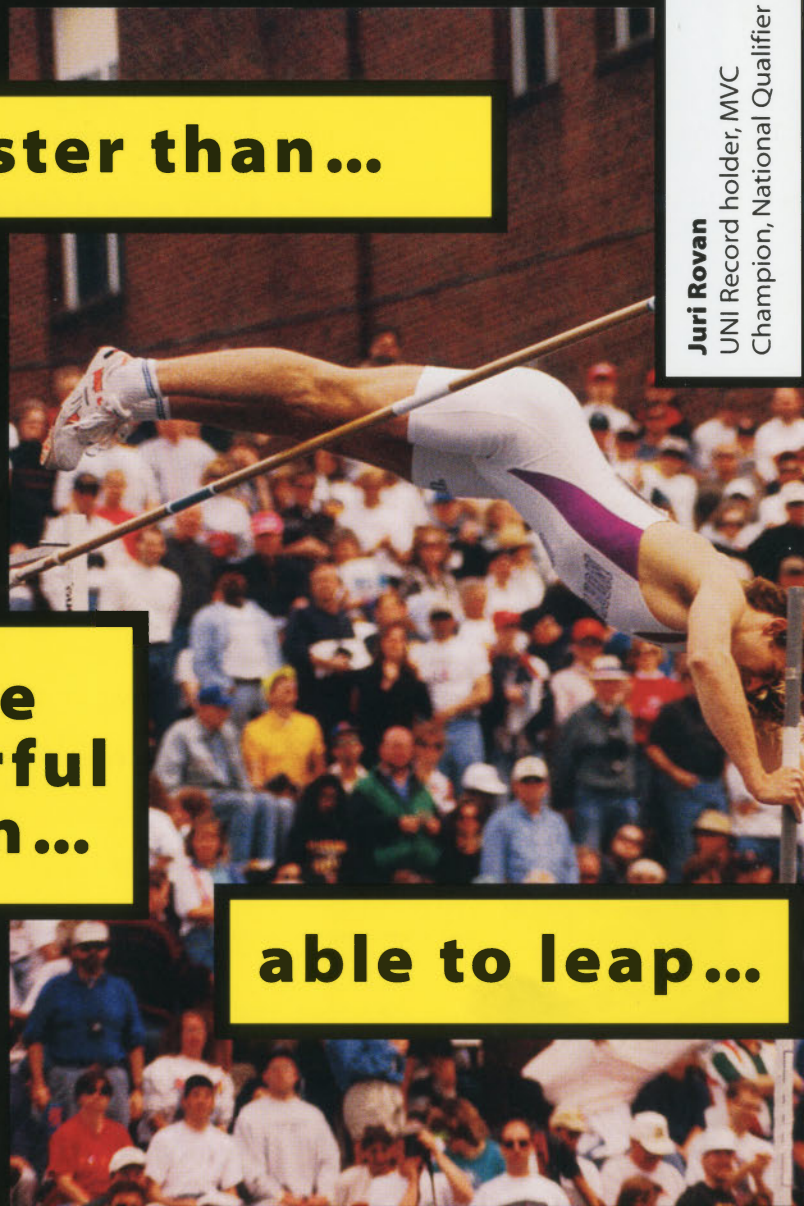
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Northern Iowa PANTHERS



faster than...

**more
powerful
than...**



able to leap...

[well, you know the rest]

1997

Juri Rovnan
UNI Record holder, MVC
Champion, National Qualifier

Joey Woody
3 x All-American, 1996 Olympic Trials Finalist

Northern Iowa

Composite Standings

Composite Standings Since 1991-92 (Average Finish in MVC meets)

1. NORTHERN IOWA	2.50
2. Illinois State	2.88
3. Indiana State	3.19
4. Southern Illinois	3.38
5. Wichita State	4.50
6. Southwest Missouri State	5.13
7. Drake	6.94

Since joining the Missouri Valley Conference in 1991, the Northern Iowa men's track and field program has been one of the most consistent forces in the league. In 1996, the Panthers won their second consecutive MVC indoor championship and finished second at the MVC outdoor championships.

"We pride ourselves on our consistency. That's why those composite standings are so important to us at Northern Iowa. We don't want to have major rebuilding years or be up one year and down the next. Our goal is to maintain a consistent program that has a chance to compete for a Missouri Valley Conference Championship every year."

-- Head Coach Chris Bucknam

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Track & Field

Northern Iowa

Track & Field Information

Head Coach.....Chris Bucknam
Assistant Head Coach.....Bill Lawson
Track & Field Phone.....(319) 273-6481
Outdoor Track.....Completion Date: 1997
Indoor Track.....UNI-Dome
1996 Missouri Valley Conference Indoor Finish.....1st
1996 Missouri Valley Conference Outdoor Finish.....2nd

Northern Iowa Administration

Director of Athletics.....Chris Ritrievi
Associate AD.....John "Jersey" Jermier
Associate AD.....Sandra Williamson
Assistant AD/Facilities.....Jim Egli
NCAA Faculty Representative.....Dr. Jack Wilkinson
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Office Phone.....(319) 273-3642
Fax Number.....(319) 273-3602

Quick Facts

Location.....Cedar Falls, Iowa
Founded.....1876
Enrollment.....13,000
Nickname.....Panthers
Colors.....Purple & Old Gold
President.....Dr. Robert Koob
Affiliation.....NCAA Division I
Conference.....Missouri Valley

On The Cover

Panther senior Joey Woody (l) and junior Juri Rován. Woody is a former Missouri Valley Conference and Drake Relays Athlete of the Year. This past summer, he qualified for the finals at the U.S. Olympic Trials in the 400-meter hurdles. Rován is the defending Missouri Valley Conference outdoor champion in the pole vault. He holds school records indoors and outdoors in the pole vault and the javelin.

Quick Facts

Northern Iowa

1997 Roster

Name	Event	Year	Hometown
Eddie Berlin	High Jump	Fr.	Urbandale, Iowa
Marshall Blaine	Distance/XC	Sr.	Indianola, Iowa
Brock Boettcher	Long Sprints	Fr.	Cedar Rapids, Iowa
Sam Burkett	Distance/XC	So.	Urbandale, Iowa
Jason Bradley	Sprints	Jr.	Algona, Iowa
Jay Brock	Distance/XC	Jr.	Dubuque, Iowa
Alonzo Clayton	Hurdles	Jr.	Fort Dodge, Iowa
Jason Drewlow	Hurdles/Sprints	Fr.	Cedar Rapids, Iowa
Terry Dykstra	Long Sprints	Jr.	Sioux Center, Iowa
Corey Janisch	Decathlon	So.	Belvidere, Ill.
Dave Jennings	Throws	Fr.	Nevada, Iowa
Dan Joyner	Middle Distance	So.	Iowa City, Iowa
Jon Judisch	Long Sprints	Jr.	Tripoli, Iowa
Josh KeHoe	Long Sprints	Fr.	Waterloo, Iowa
Kyle Kepler	Distance/XC	Jr.	Webster City, Iowa
Tim Kirchoff	Decathlon	Fr.	Lyndonville, Vt.
Mike Maddox	Throws	Jr.	Girard, Ill.
Brent MacLagan	Long Sprints	So.	Jefferson, Iowa
Ben Mischke	Pole Vault	So.	Worlan, Wyo.
Matt Mullenix	Middle Distance	Sr.	Woodbine, Iowa
Billy Nordyke	Throws	Fr.	Winfield, Iowa
Tim Oncil	Throws	Fr.	Davenport, IA
Eric Potter	Middle Distance	Fr.	Sioux City, Iowa
Jason Potter	Long Sprints	Fr.	Sioux City, Iowa
David Repass	Distance/XC	Fr.	Clinton, Iowa
Juri Rován	Pole Vault	Jr.	Brezice, Slovenia
Rob Semelroth	Distance/XC	Jr.	Keystone, Iowa
Michael Schneider	Middle Distance	Fr.	Monticello, Iowa
Dustin Smith	Short Sprints	Fr.	Oelwein, Iowa
Luke Stater	Long Sprints	Fr.	Cedar Falls, Iowa
Kory Swart	Distance/XC	Sr.	Belmond, Iowa
Tony Tatman	Short Sprints	So.	Urbandale, Iowa
Alen Topolovcan	Jumps	So.	Celje, Slovenia
Jon Voigt	Distance/XC	Fr.	Cedar Falls, Iowa
Phil Wagner	Short Sprints	Fr.	Fayette, Iowa
Dedric Ward	Short Sprints	Sr.	Cedar Rapids, Iowa
Joey Woody	Long Sprints	Sr.	Iowa City, Iowa

Head Coach: Chris Bucknam (Norwich '78)

Assistant Head Coach: Bill Lawson (Northern Iowa '80)

Student Assistant: Tim Suchan

The University of Northern Iowa's academic reputation again has proven a key factor in landing a spot as the only public institution in *U.S. News & World Report's* top 15 regional universities in the Midwest for 1996.

UNI's 11th-place ranking is two places higher than last year's rating. This marks the second year in a row that UNI was the only public university ranked in the top 15, which are chosen from more than 100 public and private institutions in the region.

UNI received a "1" rating in academic reputation, the highest of any of the top 15 universities in the Midwest region. That rating consistently has improved over the past four years, from 26 in 1993, 20 in 1994 and 13 in 1995.

The magazine also named UNI the Midwest's most efficient regional university and first in "best value".

This marks the fifth time in the past six years that UNI has been cited by the magazine's "America's Best Colleges" issue in such categories as overall "best", "best buy," "up and coming" and "most efficient".

UNI emphasizes outstanding undergraduate education, with complementary graduate programs at the master's specialists' and doctoral levels. Building on its historic strength in teacher education, the University has developed a number of outstanding programs in its various Colleges. UNI also participates in the bachelor of liberal studies program offered by the Regents Universities, and its Division of Continuing Education and Special Programs sponsors classes off-campus in centers throughout the state. Enrollment on its 860-acre campus stands at about 13,000 students from every county in Iowa, 40 states and 48 foreign countries.

UNI's heritage and philosophy place great value on providing a student-centered educational experience. The University nurtures a premier learning environment -- it is small enough to offer its students individualized attention, yet large

to provide a variety of resources and opportunities, as well as distinguished faculty. The University prides itself on being a great teaching university, and most courses are taught by full-time faculty members (600) who are committed to helping students grow intellectually and personally.

UNI was founded in 1876 as the Iowa State Normal School. In 1909, it became Iowa State Teachers College. In 1961, the name was changed to State College of Iowa, and in 1967, the Iowa Legislature acted to change the status of the institution to that of a university under its present title.

While maintaining its primary emphasis on teacher education, the University has continued its metamorphosis toward a multi-purpose institution, with nationally acclaimed programs in many disciplines. UNI's accounting program continues to be ranked among the best in the nation. UNI student groups ranging from chemistry to conservation to

public relations have been recognized by their respective national groups for the excellence of their programs.

UNI's outreach also extends to the Iowa business community through programs of the External Services Division of the College of Business Administration, including the Institute for Decision Making, Small Business Development Center, Small Business Institute, Management & Professional Development Center, Market Development Program and Industrial Site Location Program. The Iowa Waste Reduction Center provides free, non-regulatory consulting services on waste management to the state's small and medium-sized companies. The Iowa Plastics Technology Center and the Center for Applied Research in Metal Casting are among UNI's newest service programs designed to diversify, expand and strengthen Iowa's economy.

UNI offers a wide variety of cultural programs, lectures and conferences. The Continuing Education division, often in conjunction with the University's Office of Conference and Visitor Services, also cooperates with business and industry in programs of study and development on the campus.

Where Great Teaching Makes The Difference



By Marty Strasen
Waterloo Courier

Season Outlook

Since Northern Iowa joined the Missouri Valley Conference five years ago, five different track and field teams have won the men's conference outdoor championship.

No team, however, has been as consistent as the Panthers, who continue to lead the overall points race that combines league success in cross country and both indoor and outdoor track. Chris Bucknam's squad still leads Illinois State in those standings over the last half-decade, and continuing that pace is part of a three-fold goal for the Panthers in 1997.

The other two parts -- three-peat as conference indoor champions, and win back the outdoor crown last captured by UNI in 1995. Both are rugged challenges, but Northern Iowa has been a big-meet team that has thrived on such standards in recent years.

"The last five Missouri Valley outdoor championships have had five different winners," notes Bucknam, whose team followed its second straight indoor crown in 1996 with a second-place finish in the outdoor campaign. "That's unheard of in most conferences to have that kind of balance."

Balance has been crucial for the Panthers over the years, and the loss of several standout performers and school record-holders from last year's squad could put a premium on developing more depth in 1997. Most notable among the losses to graduation are champion throwers Matt Casillas and Allan Walz, the latter having earned all-America honors in the 35-pound weight.

"You can't replace people like that," Bucknam says. "The kids we graduated, not only were they great performers -- they were great leaders, too. They were the kids who helped get this program up to a championship level, and we're obviously going to miss them."

Providing a huge boost during the 1997 outdoor season will be the return of all-American Joey Woody, who redshirted during the 1996 outdoor season to train for the United States Olympic Trials in the 400-meter hurdles. Woody reached the final at the Trials and barely missed a return trip to Atlanta for the 1996 Games.

Woody has his sights set on a national

championship in the 400 hurdles and is a former Athlete of the Year at the Drake Relays and District V championships. His presence, Bucknam says, will not only provide valuable meet points but is certain to feed the competitive fuel of those around him.

"He's one of the best athletes ever at Northern Iowa, in any sport," Bucknam says. "He really craves a national title, but team goals are just as important to Joey. He wants to help his team win another conference championship."



Joey Woody

For that to happen, especially without Woody during the indoor season, Bucknam says his upper-echelon performers will need big efforts due to his team's relative lack of proven depth. And, as usual, those top-notch athletes are quite capable.

Two of the better ones hail from Slovenia. Juri Rován broke a school pole vault record when he cleared 18 feet, 1 inch at a meet this past summer and just missed the qualifying standard for the Atlanta Olympics. He also won the conference outdoor title last season. Rován's countryman, Alen Topolovcan, placed second outdoors in both the long jump and triple jump.

Northern Iowa

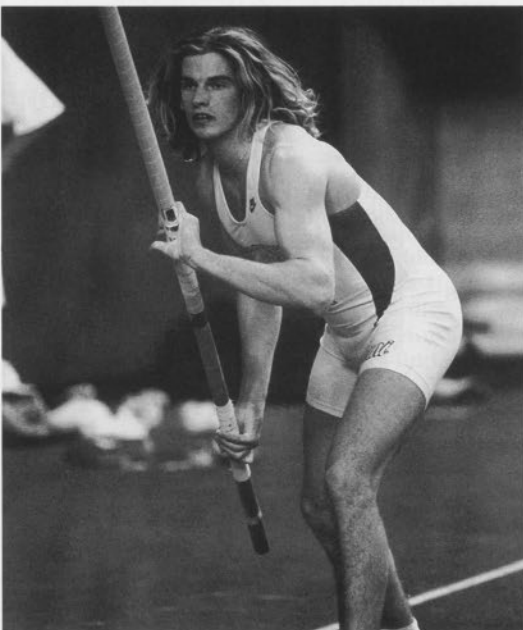
The losses of Walz and Casillas do not leave the Panthers dry in the throwing events. Mike Maddox, third in the shot put both indoors and outdoors last year, hopes to continue the Panthers' fine tradition of strong weight men.

"He looks very good," Bucknam says of Maddox. "He has a chance to emerge from the shadow of those other two, so to speak, and he has his sights set on qualifying nationally. He's a great competitor."

Sophomore Corey Janisch gave the Panthers a second-place finish in the MVC decathlon last spring and has a chance to jump a level in his second season. The Panthers' top high jumper could be freshman Eddie Berlin, a state high school champion from Urbandale.

UNI's strengths on the track look to be the middle and long distances. Jon Judisch of Tripoli enters his junior season after an all-conference effort last spring in the 400 meters and an indoor league championship. He was also a key member of the Panthers' title-winning mile relay team. Matt Mullenix was also a member of that squad and the fifth-year senior has been a mainstay in the program.

"They should be right in the thick of the Missouri Valley championships in the relays and individual events," Bucknam says. "Matt has been so valuable to the whole program, and he has the potential to be a national qualifier."



Juri Rován

Also in the middle-distance mix is Brent MacLagan, who was slowed by a hamstring injury last indoor season and redshirted as a freshman outdoors. He's a former prep standout from Jefferson who once broke Woody's high school record in the 400 hurdles. Jason Bradley has been a steady relay performer and Northwestern (Iowa) transfer Terry Dykstra could also help.

The distances are another traditional UNI strength, and Jay Brock is coming off a cross country season in which he recorded the third-fastest 8K race in school history. Sam Burkett placed as a freshman indoors in the 3,000 and 5,000 before taking a redshirt season last spring.

Kyle Kepler is a proven standout who missed the past cross country season with a hamstring injury. Bucknam is hopeful his former all-conference runner will be back to full strength in 1997. Adding punch to the distance lineup will be Rob Semelroth, who comes off an improved cross country campaign.

The sprints are an admitted concern to Bucknam entering the 1997 season. Tony Tatman comes off a redshirt and could surprise, and freshman Phil Wagner is a former state champion from West Union. Another freshman standout, Jeff Adam, ran into NCAA Clearinghouse problems and will have to redshirt.

"We're young and untested in the sprints," Bucknam says, "and that's not the way to go into the Missouri Valley Conference."

Overall, however, Bucknam sees plenty of potential in this year's squad. Illinois State, he says, is a clear favorite indoors, but the outdoor title could again be up for grabs.

And the Panthers, as usual, plan to be in the thick of the race.

"We pride ourselves on our consistency," Bucknam says. "That's why those overall standing (for indoor, outdoor and cross country) are so important to us at Northern Iowa. We don't want to have major rebuilding years or be up one year and down the next. Our goal is to maintain a consistent program that has a chance to compete for a championship every year."

Season Outlook



Head Coach Chris Bucknam

In the 13 years since he first took over the Northern Iowa track and field program, Chris Bucknam has certainly made his mark.

Under his guidance, the Panthers have gone from nine championships in seven seasons in the old Mid-Continent Conference to consistent contenders in the Missouri Valley to a team that must be reckoned with on a national basis anytime it steps on the track.

And Bucknam will tell you right away that any credit due him or his program must be shared with assistant coach Bill Lawson, whom he calls his head coach in charge of field events. The statistics and credentials compiled by Northern Iowa's teams over the last decade have brought the UNI staff recognition as one of the finest in the Midwest.

Bucknam oversaw Northern Iowa's 1991 move to the Missouri Valley Conference, where the Panthers have left an indelible mark on the league in just a short amount of time. Although the MVC historically has been one of the best conferences in the nation, boasting all-Americans and numerous NCAA championships in recent years, UNI stepped in and became one of the top competitors in the league instantly.

In fact, in the first 15 MVC meets since UNI's membership began in 1991, the Panthers have the best composite record in the league. They have claimed four titles, six runner-up finishes, two third-place spots and two fourth places.

"We've really had some pretty strong teams for the last decade," Bucknam said. "We've had nationally-ranked relays, but it's just now being seen because we're in the MVC...it's that added exposure and improved competition."

After leading the Panther cross country team to the Missouri Valley Conference title in just its second season in the conference, Bucknam was voted MVC Coach of the Year by his peers in 1992. He was named Mid-Continent Conference Indoor Coach of the Year four times in the last seven seasons UNI was a member of the league, Outdoor Coach of the Year in 1986 and Cross Country Coach of the year in 1988 and 1990.

The Panthers captured the 1995 MVC Indoor and Outdoor track titles, the first two since joining the Valley, and Bucknam was named both Indoor and Outdoor Coach of the

Year by his peers. He also was named District V Coach of the Year for the outdoor season. In 1996, he directed the Panthers to the MVC Indoor title and was named Indoor Coach of the Year.

During his 13-year tenure, the Panthers have won 13 conference crowns--six in indoor track, five in cross country, and two outdoor titles. His teams have never finished lower than fourth in any conference track meet. In the past eight seasons, Bucknam has sent 26 qualifiers to the NCAA Indoor and Outdoor Championships, with six earning all-America honors.

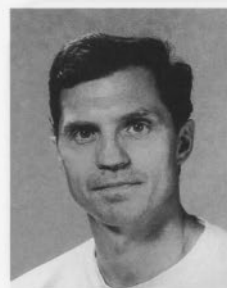
Since his arrival at UNI in 1979 as an assistant to long-time head coach Lynn King, the Panthers have won or shared 19 conference titles in track and field and cross country, and produced 16 all-Americans.

A native of Beverly, Mass., Bucknam attended Norwich University in Northfield, Vt., where he was a four-time letterwinner in track, specializing in the middle and long distances. He was elected co-captain his senior year and graduated in 1978 with a bachelor's degree in physical education. He earned his master's degree in physical education from Northern Iowa in 1982.

Bucknam and his wife, Cindy, have a son, Eric, and daughter, Kate.

Conference Championships Under Bucknam & Lawson

1996	MVC Indoor Champions
1995	MVC Indoor Champions MVC Outdoor Champions
1992	MVC Cross Country Champions
1990	Mid-Continent Indoor Champions Mid-Continent Cross Country Champions
1988	Mid-Continent Cross Country Champions Mid-Continent Indoor Champions
1987	Mid-Continent Cross Country Champions
1986	Mid-Continent Indoor Champions Mid-Continent Outdoor Champions
1985	Mid-Continent Indoor Champions
1984	Mid-Continent Cross Country Champions



Assistant Head Coach Bill Lawson

Recognized as one of the greatest athletes in Northern Iowa history, Bill Lawson has been with head coach Chris Bucknam every step of the way as the Panther assistant coach and field event coach the past 12 seasons.

A 1980 UNI graduate, Lawson returned to his alma mater after serving three years as boys' and girls' track and field and cross country coach, and girl's basketball coach at John Marshall High School in Rochester, Minn.

The Carthage, Ill., native was a four-time all-American at UNI from 1977-1980 and ranks second on the school's all-time decathlon list. He was a two-time co-captain for the Panthers and was a senior when Bucknam was named assistant coach in 1979. He qualified for national competition in the decathlon, pole vault and triple jump four times. He also captured the first national Master's Pentathlon title three years ago.

His duties with the Panthers include coordinating the fall track program and conditioning, and coaching the field events and decathlon during the indoor and outdoor seasons. He is recognized as an excellent field event coach and motivator.

Along with Bucknam, he has coached UNI athletes to 119 individual conference championships. The Panther head man is quick to point out that Lawson has played a part just as important to the Panthers' success as his.

"I don't consider Bill my assistant," says Bucknam. "He is our field events coach. I sincerely believe he is one of the finest coaches in the country."

"He has a rare combination of not only having a tremendous knowledge of the field events, but the ability to motivate at the same time. There are a lot of coaches who have one or the other, but don't have both. Bill has the rare combination of being able to do both as well as anyone I've seen. Our athletes in the field events are always prepared to compete and do their best."

In addition to his coaching duties, Lawson is a member of the physical education faculty. He and his wife, Jodie, have a two-year-old daughter, Abbie, and a baby boy named T.J.

UNI's Track All-Americans & NCAA Qualifiers

All-Americans

- 1989 Jeff Burris, 800 Meters (Indoor)
Dan Hostager, 3,000 Meters (Indoor)
- 1993 Johnny Westbrook, 55-Meter Hurdles
- 1994 Joey Woody, 400-Meter Hurdles
- 1995 Joey Woody, 400-Meter Hurdles
- 1996 Joey Woody, 800-Meters (Indoor)

NCAA Qualifiers

- 1988 Jeff Burris, 800 Meters (Indoor)
- 1989 Jeff Burris, 800 Meters (Indoor)
Dan Hostager, 3,000 Meters (Indoor)
- 1990 Jim Turner, 400 Meters (Indoor)
Kenny Shedd, 200 Meters (Indoor)
Jeff Burris, 800 Meters (Outdoor)
- 1993 Johnny Westbrook, 55-Meter Hurdles
Joey Woody, 400-Meter Hurdles
Jason McCleary, 55-Meter Hurdles
Miklos Arpasi, 800 Meters (Ind./Out.)
- 1994 Joey Woody, 400 Hurdles
Miklos Arpasi, 800 Meters (Ind./Out.)
- 1995 Jason McCleary, 55-Meter Hurdles
Joey Woody, 400-Meter Hurdles
Alex Garn, 400-Meter Hurdles
- 1996 Joey Woody, 800 Meters (Indoor)

MVC Track Athletes of the Year

- 1994 Joey Woody (Outdoor)
- 1995 Joey Woody (Outdoor)

UNI's Field All-Americans & NCAA Qualifiers

All-Americans

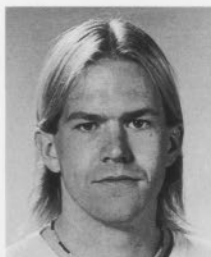
- 1996 Allan Walz, 35# Weight

NCAA Qualifiers

- 1985 Russ Adams, Pole Vault (Outdoors)
- 1991 Brad Miller, Pole Vault (Indoor)
Bob Edwards, Pole Vault (Indoor)
Steve Daugherty, High Jump (Indoor)
Tim Suchan, High Jump (Indoor)
- 1992 Brad Miller, Decathlon
- 1993 Jason McCleary, Decathlon
- 1994 Tim Suchan, High Jump (Ind./Out.)
Pete Herber, High Jump (Indoor)
- 1995 Tim Suchan, High Jump (Ind./Out.)
Matt Casillas, 35# Weight
Allan Walz, Discus
- 1996 Juri Rovani, Pole Vault (Indoor)
Allan Walz, 35# Weight
Matt Casillas, 35# Weight

MVC Field Athletes of the Year

- 1993 Jason McCleary (Outdoor)
- 1995 Allan Walz (Outdoor)
- 1995 Tim Suchan (Indoor)



Marshall Blaine

Senior
Distance
Indianola, Iowa
Major: Mathematics

Personal Bests

5,000 Meters - 15:01.00
3,000 Meters - 8:38.62
8K - 25:31

1996: Placed 21st overall and third for the Panthers at the Missouri Valley Conference cross country meet...took second in the 3,000 meters at the UNI-Dome Open...finished third in the 5,000 meters at the ISU Holiday Classic...placed fourth in the 10,000 meters at the SEMotion Relays. **1995:** Placed 25th overall and fifth for the Panthers at the Missouri Valley Conference cross country meet...took third in the 5,000 meters at the Iowa State Holiday meet...finished second at UNI-Dome Open in 5,000 meters...placed sixth at the Drake Invitational outdoors in the 5000. **1994:** Placed sixth in the 3,000 meters at the UNI-Dome Open...took fifth in the 3,000 meters vs. Missouri Valley College...ran sixth outdoors in 5K at the Drake Invitational. **High School:** Qualified for the state cross country meet...two-time conference MVP in cross country...lettered four times in track and three in cross country.



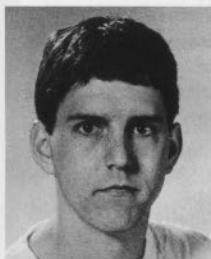
Matt Mullenix

Senior
Middle Distance
Woodbine, Iowa
Major: Accounting

Personal Bests

600 Meters: 1:20.13
800 Meters: 1:51.14
(Indoor)

1996: Member of the MVC all-conference team...ran a team-best 1:51.91 in the 800 meters outdoors...tied for first in the 600 meters at the MVC indoor conference meet...in the Panther record book as a member of the indoor and outdoor 1,600-meter relay teams...finished first in the 800 meters at the Iowa State Holiday Classic...was second in the 600 meters at the Mercantile Bank Classic...took the 800-meter title at the Dr. Keeler Invitational and Hawkeye Invitational...placed fourth in the 1,000 meters at the indoor conference meet. **1995:** Took second in the 800 meters at the outdoor conference meet...finished first in the 600 meters and ran the third leg of the winning 4 x 400 relay at indoor conference...won the 800 meters at the ISU Holiday Classic. **1994:** Ran on the season-best teams in the mile, two-mile and distance medley relays...finished second in the 800 meters at the Iowa State Holiday Classic and the Illinois State Invitational. **1993:** Redshirted the outdoor track season. **High School:** Won the state 800 and 1,600 meters and the medley relay as a senior in high school...named Southwest Iowa Athlete of the Year in 1992...named all-state in football and all-conference in baseball at Woodbine.



Kory Swart

Senior
Distance
Belmond, Iowa
Major: Mathematics

Personal Bests

Mile Run: 4:10.68
1,000 Meters: 2:29.54
1,500 Meters: 4:01.05

1996: Earned all-conference honors indoors in the mile run with a third place showing...ran a team-best 4:10.68 in the mile run...finished second in the 1,000 meters at the UNI-Dome Open...placed third in the 1,000 at the Mercantile Bank Classic. **1995:** Earned all-conference honors by running on the third-place distance medley team at the indoor conference meet...ranked 10th overall on the conference best time list in the 1,000 meters...won the 1,000 meters at the Mercantile Bank Classic and UNI-Dome Open...named to the academic all-MVC team. **1994:** Won the 1,000 meters at the UNI-Dome Open...a member of the conference cross country runnerup team. **1993:** Member of the cross country squad that won first-ever MVC title.



Joey Woody

Senior

Long Sprints

Iowa City, Iowa

Major: Public Relations

Personal Bests

400 Hurdles: 48.62

600 Meters: 1:16.85

800 Meters: 1:47.75

1996: Redshirted the outdoor season to participate at the Olympic Trials...reached the final in the 400 hurdles at the Trials finishing seventh...broke his own school record in the 400 hurdles at the Trials with a 48.62 clocking...set the school record in the 600 and 800 meters during the indoor season...anchored the school-record indoor 4 x 400 meter relay...placed fifth at the NCAA Indoor Championships in the 800 meters and earned all-America honors...finished second in the 800 meters at the MVC indoor championships. **1995:** Placed seventh at the NCAA Outdoor Championships in the 400 hurdles, his second consecutive all-America honor in the event...named MVC Outdoor Track Athlete of the Year after winning the 110 and 400 hurdles and placing third in the 400 meters...District 5 Outdoor Athlete of the Year...also a member of the record-breaking outdoor 4 x 400 relay and broke his own school record in the 400 hurdles (49.97)...won the 800 meters, placed second in the 55-meter hurdles and ran anchor on the winning 4 x 400 relay at the indoor conference meet. **1994:** Earned all-American status by finishing fifth in the 400-meter hurdles at the '94 NCAA Outdoor Championships...named top male athlete at the Drake Relays...earned indoor all-conference honors with a second-place finish in the 1,600-meter relay...a four event outdoor conference honoree, he won the 110 hurdles, 400 hurdles and placed second in the 400 meters and the 4 x 400 relay...broke his own record in the 400-meter hurdles (50.42)...qualified for the 1994 USA National Mobile Track and Field Championships...ran a team-best in the indoor 400, 600, 1600-meter relay and distance medley relay. **1993:** Set the school record in the 600 meters in his first collegiate meet. **High School:** voted top high school athlete at the 1992 Drake Relays after winning the 400-meter hurdles and the 1,600-meter relay and finishing second in the high jump and 110-meter hurdles...a two-time all-stater in track and field and all-state wide receiver in football.



Jay Brock

Junior

Distance

Dubuque, Iowa

Major: Business

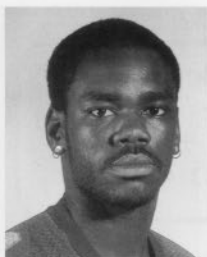
Personal Bests

Steeplechase: 9:11.09

1,500 Meters: 3:58.48

8K: 24:27

1996: Won the steeplechase at the conference meet and Hawkeye Invitational...ran a team best time of 9:11.09 in the 3,000-meter steeplechase...was second in the steeplechase at the Sea Ray Relays...finished fourth at the MVC cross country meet and earned all-conference honors for the second year in a row...ran the third fastest 8K (24:27) in school history. **1995:** Earned his first all-conference honor by helping the distance medley squad to a third-place finish at the indoor conference meet...placed fourth in the steeplechase at the conference outdoor meet...ran fourth at the MVC cross country meet in the fall to pick up all-conference honors. **1994:** Had the second fastest time for a freshman at the MVC cross country meet. **High School:** Finished fifth at the 1993 state cross country meet...named to the elite all-state cross country team in 1993...a member of the state championship 4 x 800 relay in 1993 and 1994.



Alonzo Clayton

Junior
Hurdles/Long Jump
Fort Dodge, Iowa
Major: General Studies

Personal Bests

Long Jump: 23-5
55-Meter Hurdles: 7.49
110-Hurdles: 14.60

1996: Finished fourth at the indoor MVC championships in the 55-meter hurdles...placed second in the 110-meter high hurdles at the Wisconsin Twilight Meet and SEMotion Relays...was second in the long jump at the Badger Classic...was fourth in the long jump and third in the 110 hurdles at the Arizona Invitational...earned first team all-conference honors as a receiver on UNI's national semi-finalist football team. **1995:** Redshirted. A wide receiver on UNI's nationally-ranked football team who tied an NCAA playoff record with five touchdown catches vs. Murray State. **1994:** Won the 55-meter hurdles at the indoor conference championships in 7.55 seconds...jumped 23-2 in the long jump, the best indoor mark of the season for the team. **High School:** An excellent all-around athlete who also was voted all-conference in baseball in high school...played in the 1993 Shrine Bowl High School All-Star game.



Jon Judisch

Junior
Long Sprints
Tripoli, Iowa
Major: Pre-Med

Personal Bests

400 Meters:
47.92 (Outdoor)
48.09 (Indoor)

1996: Won his second consecutive MVC indoor 400-meter title...was a member of the indoor MVC first-place 4 x 400 meter relay team...a member of the school record indoor 4 x 400 meter relay team...placed second in the 400 meters at the outdoor MVC meet...ran the fastest 400 meters on the team both indoors and outdoors...won the 400-meter title at the ISU Holiday Classic and Dr. Keeler Invitational...a member of the 1996 MVC All-Academic team...voted Third Team Academic All-America by the College Sports Information Directors of America. **1995:** Enjoyed a spectacular freshman season, winning the conference 400-meter title indoors and running on the winning 4 x 400 relay...in the Panther record book as a member of the outdoor 4 x 400 squad...placed fifth at the outdoor Valley meet in the 400...finished second in the 400 meters in his first collegiate meet at the ISU Holiday Classic. **High School:** A four-sport athlete in high school, earning 14 letters in football, basketball, track and baseball...named first-team all-state in football and honorable mention all-state in baseball...ran the 400 meters in 48.54 in high school.



Kyle Kepler

Junior
Distance
Webster City, Iowa
Major: Education

Personal Bests

3,000 Meters: 8:34.67
5,000 Meters: 14:44.08
10,000 Meters: 30:30.93
8K: 24:49

1996: Finished first in the 3,000 meters at the UNI-Dome Open...was first in the 5,000 meters at the ISU Holiday Classic...ran the fastest 5,000 meters on the team both indoors and outdoors...ran the fastest 10,000 meters on the team...earned all-conference honors after finishing third in the 5,000 meters at the indoor MVC meet...a member of the MVC All-Academic team...finished first in the 5,000 meters at the SEMotion Relays...redshirted during the cross country season. **1995:** Earned his third straight all-conference honor in cross country with an eighth-place finish...claimed sixth in the 5,000 meters at the Missouri Valley Conference Outdoor Championships...had the second-fastest 10,000-meter time on the team with a 31:32.36. **1994:** Redshirted both the indoor and outdoor season...gained his second all-conference honor in cross country after an eighth-place finish at the conference meet. **1993:** Finished 10th at the MVC cross country meet as a freshman to earn his first all-conference honor. **High School:** Was a member of the 1992 Elite All-State cross country squad...earned all-conference honors six times in track and four in cross country in high school.



Mike Maddox

Junior

Throws

Girard, Illinois

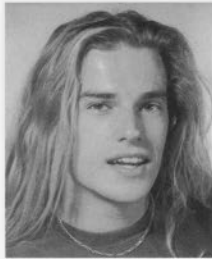
Major: Elementary Education

Personal Bests

Shot Put: 54-5 1/4

Discus: 177-2

1996: Earned all-conference honors in the shot put as a result of his third-place showing at the Missouri Valley Conference indoor and outdoor meets...was second in the shot at the UNI-Dome Open...placed fifth in the discus at the Hawkeye Invitational...finished second in the discus at the SEMotion Relays. **1995:** Had the second-best mark in the discus and outdoor shot put for the Panthers...finished sixth in the discus at the conference meet, the best mark among the freshmen...had the second-best mark among freshmen in the shot put at the outdoor conference. **1994:** Redshirted. **High School:** Runner-up in the discus at the 1992 Illinois state high school meet, winning the title in '93...runner-up in the shot put at the 1993 state meet...all-conference in the shot put and discus in '91, '92 and '93...school record holder in the shot put and discus.



Juri Rován

Junior

Pole Vault/Javelin

Brezice, Slovenia

Major: Physical Education

Personal Bests

Pole Vault:

(Outdoor) 18-1

(Indoor) 17-5 1/2

Javelin: 207-7

1996: Set the indoor school record in the pole vault and finished first at the Husker Invitational with a vault of 17-5 1/2...set the outdoor pole vault school record at a meet in Slovenia this summer where he vaulted 18-1...won pole vault titles at the UNI-Dome Open, Mercantile Bank Classic, ISU Holiday Classic, MVC outdoor meet, Wisconsin Twilight Invitational, Hawkeye Invitational, and SEMotion Relays...was third at the MVC indoor meet to earn all-conference honors...competed at the NCAA Indoor Championships after provisionally qualifying in the pole vault...placed third in the javelin at the MVC outdoor meet. **1995:** After joining the squad midway through the indoor season, he made an immediate impact by placing fifth at the Valley indoor meet in the pole vault...earned all-conference honors at the MVC outdoor meet by winning the javelin and tied for third in the pole vault...set the school record in the javelin with a toss of 207-7 to win the event at the MVC championships.



Rob Semelroth

Junior

Distance

Keystone, Iowa

Major: Psychology

Personal Bests

5,000 Meters: 15:44.51

3,000 Meters: 8:53.36

8K: 25:21

1996: Emerged as one of the top runners on the cross country team and finished among the top five Panther finishers in every meet...best finish was fifth in the 5,000 meters at the Jim Duncan Invitational...was sixth in the 3,000 meters at the Hawkeye Invitational...finished 11th at the MVC indoor championships in the 5,000 meters...was sixth in the 3,000 meters at the UNI-Dome Open with a personal best time of 8:59.6. **1995:** Placed sixth at the ISU Holiday Classic in the 3,000 meters...was third in the 5,000 meters at the UNI-Dome Open...High School: Won eight letters at Benton Community High School...four-time all-conference cross country selection...finished fifth twice and sixth once at the state cross country championships.



Sam Burkett

Sophomore
Distance
Urbandale, Iowa
Major: Biology

Personal Bests

3,000 Meters: 8:33.36
5,000 Meters: 15:08.69
8K: 25:11

1996: Best finish was third in the mile run at the UNI-Dome Open where he ran a personal-best 4:21.76...was also third in the 3,000 meters at the ISU Holiday Classic...finished fifth at the Mercantile Bank Classic in the 3,000 meters...ran sixth at the Missouri Valley Conference indoor meet in the 5,000 meters and 3,000 meters...redshirted during the outdoor season...was a member of the cross country team, finishing 18th at the MVC championships...was fourth at the Minnesota dual meet in cross country...placed seventh at the Iowa Invitational cross country meet. **1995:** Was a member of the second-place MVC cross country team...ran a personal-best 25:11 at the Bradley Invitational...finished 11th at the Illinois State Invitational.



Jason Bradley

Sophomore
Short Sprints
Algona, Iowa
Major: Business

Personal Bests

200 Meters: 22.69
400 Meters: 49.07

1996: Ran a team-best 22.69 in the 200 meters indoors...placed second in the 200 meters at the ISU Holiday Classic...was fifth in the 200 at the UNI-Dome Invitational...placed 10th in the 200 at the Mercantile Bank Classic...ran a personal best in the 400 meters (49.07) at the ISU National Qualifier Meet...redshirted the outdoor season. **High School:** Participated at the state meet all four years of high school...all-conference his senior year...ran the fastest 400 time in the state his senior year.



Corey Janisch

Sophomore
Long Jump/Decathlon
Belvidere, Illinois
Major: Undecided

Personal Bests

Long Jump: 22-4 3/4
Decathlon: 6,277

1996: Won the long jump at the ISU Holiday Classic with a personal-best leap of 22-4 3/4...placed second in the decathlon at his first Missouri Valley Conference outdoor championship...earned all-conference honors in the decathlon...was fourth in the long jump at the UNI-Dome Open...placed ninth in the decathlon at the Kansas Relays...finished third in the 200 meters at the ISU Holiday Classic. **High School:** Finished eighth in the long jump at state meet...placed fourth in the high jump, fourth in the long jump at AAU National High School meet...was team MVP his senior year in high school.

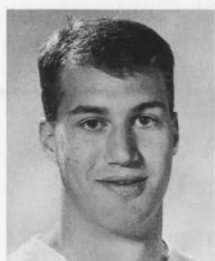


Brent MacLagan
Sophomore
Long Sprints/400 Hurdles
Jefferson, Iowa
Major: Biology

Personal Bests

600 Meters: 1:19.71
800 Meters: 1:53.98

1996: Ran the third-fastest 600-meter time in UNI history at the ISU Holiday Classic with a time of 1:19.71...was fifth in the 600 meters at the Mercantile Bank Classic...finished second in the 600 at the ISU Holiday Classic...placed sixth in the 400 hurdles at the Arizona Invitational...redshirted outdoor season due to injury. **High School:** Won three state titles in the 400-meter hurdles and one in the 1,600 meters...was named first team all-state in football for two years.



Ben Mischke
Sophomore
Pole Vault/Decathlon
Worlan, Wyoming
Major: Education

Personal Bests

Pole Vault:
(Indoors) 16-1 1/4
(Outdoors) 15-10
Javelin 167'

1996: Best indoor finish in the pole vault came at the ISU Holiday Classic where he finished third...vaulted a personal best 16-1 1/4 at the MVC indoor championships where he finished seventh...was sixth at the UNI-Dome Open in the pole vault...placed seventh outdoors in the pole vault at the MVC championships...was fourth at the Wisconsin Twilight Invitational in the pole vault. **High School:** Two year all-state performer in the pole vault...a member of the all-conference team in basketball...won a total of 10 letters during his high school career, four came in track and field.



Tony Tatman
Sophomore
Short Sprints
Urbandale, Iowa
Major: Undecided

Personal Bests

200 Meters: 22.80
55 Meters: 6.68

1996: Best finish was in the 200 meters at the ISU Holiday Classic where he ran a personal best 23.14...placed fifth in the 55-meter dash at the ISU Holiday Classic...finished 15th in the 200 meter dash at the Mercantile Bank Classic...redshirted during the outdoor season. **High School:** won letters in track, football, and baseball...was a member of the track all-conference team.

Alen Topolovcan

Sophomore

Long Jump/Triple Jump

Celje, Slovenia

Major: General Studies

Personal Bests

Long Jump: 23-9

Triple Jump: 50-7 1/4

1996: Won the triple jump at the Dr. Keeler Invitational, Wisconsin Twilight Meet and UNI-Dome Open...placed second in the long jump and triple jump at the Missouri Valley Conference outdoor meet and earned all-conference honors in the process...earned all-conference honors after finishing third in the triple jump at the indoor conference meet...had a team-best leap in both the long jump and triple jump indoors and outdoors...was second at the Hawkeye Invitational in the triple jump and second in the long jump at the Wisconsin Twilight Meet.

Freshmen To Watch...

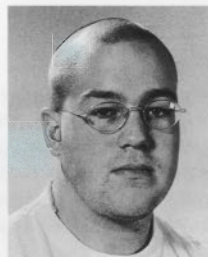
Eddie Berlin

Freshman

High Jump

Urbandale, Iowa

Major: Business



Dave Jennings

Freshman

Throws

Nevada, Iowa

Major: Undecided

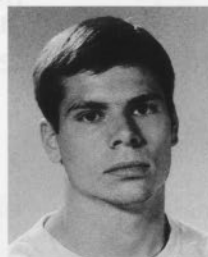
Dave Repass

Freshman

Distance

Clinton, Iowa

Major: Undecided



Luke Stater

Freshman

Long Sprints

Cedar Falls, Iowa

Major: Undecided

The Northern Iowa track and field team has excelled under head coach Chris Bucknam, winning 13 conference championships in 13 seasons during his tenure. Not only do Panther athletes excel on the track, but also in the classroom.

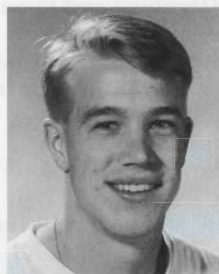
Since joining the Missouri Valley Conference in 1991, the Panthers have consistently placed a large contingent of athletes on the MVC All-Academic teams in cross country and track and field.

To be named to the academic all-MVC cross country team, a student-athlete must be at least a sophomore in academic and athletic standing and have at least a 3.0 cumulative GPA. The athlete must finish among the leaders at the MVC championship, with the top 10 runners who meet the criteria named to the team.

In order to be named to the all-MVC track and field team, a student-athlete must have a cumulative grade point average of 3.0 or better, and he must have placed in the top six at the MVC indoor or outdoor championship.

Northern Iowa placed the largest number of student-athletes on the 1996 all-MVC track and field team with nine honorees.

Judisch's Hard Work in the Classroom is Rewarded With Academic Honor



Jon Judisch a junior sprinter from Tri-polis, Iowa was honored for his excellence in the classroom as well as the track in 1996. Judisch was voted to the GTE Academic All-America District VII At-Large Team by the Col-

lege Sports Information Directors of America.

Judisch has maintained a 3.85 grade-point average while majoring in biology. On the track, he has won the Missouri Valley Conference indoor 400-meter title his first two years and has been a member of the Panthers' winning mile relay team. He has recorded UNI's top 400-meter times both indoors and outdoors the past two seasons.

Student-athletes eligible for the team included those with a 3.20 GPA or higher in four spring sports from nine states in the Midwest and Rocky Mountain region.

Northern Iowa's MVC All-Academic Performers

1992 Cross Country

Chad Flynn
Matt Lindaman

1995 Cross Country

Kyle Kepler
Jeff Joiner
Marshall Blaine

1993 Cross Country

Jeff Joiner
Jason Meyer
Chad Flynn
Chad Flynn

1995 Track & Field

Alex Garn
Chad Flynn
Kory Swart
Tim Suchan
Matt Casillas

1993 Track & Field

Gregg Garn
Jason McCleary
Chad Flynn
Cole Honeck
Jeff Joiner
Jason Meyer
Bob Smith

1996 Track & Field

Chad Flynn
Alex Garn
Jon Judisch
Kyle Kepler
Mike Maddox
Jason Meyer
Tim Suchan
Kory Swart
Joey Woody

1994 Cross Country

Kyle Kepler

1994 Track & Field

Gregg Garn
Jeff Joiner
Tim Suchan
Matt Casillas
Chad Flynn
Jason Meyer
Mike Moats
Kory Swart
Guy Willey

Seeds for the creation of the Missouri Valley Conference were planted by eight administrators representing five institutions who gathered at the Midland Hotel in Kansas City, Mo., on January 12, 1907. Basketball became the first competitive sport and served as the initial step in establishing the MVC as one of the most respected leagues in the nation.

MVC teams boast a proud, rich tradition in track and field and cross country and have produced numerous All-Americans over the years. In terms of individual performances, a number of MVC student-athletes represented the league at the NCAA Championships and the 1996 Atlanta Olympic Games.

National champions and All-Americans aren't anything new for MVC teams. In indoor track and field, 14 student-athletes qualified for the NCAA Championships a year ago with five -- Illinois State's Cedric Chapman (35-lb. weight throw), Indiana State's Tony Mescall (pole vault), Northern Iowa's Joey Woody (800 meters) and Allan Walz (35-lb. weight), Wichita State's Einars Tupuritis (800 meters) and Ryan Barkdull (pole vault) -- earning All-America honors. In fact, Tupuritis clocked an NCAA meet record time of 1:45.80 at the RCA Dome in Indianapolis to win the 800 meters.

Northern Iowa has produced perennial NCAA qualifiers in recent years, including four All-Americans in the last six seasons.

Woody finished fifth in the 800 meters at the 1996 NCAA Indoor Championships to earn All-America honors and has earned All-America honors in 1994 and 1995 in the 400-meter hurdles outdoors.

As for the Olympics, Woody and UNI graduate Tim Suchan were invited to compete at the 1996 Olympic tryouts. Woody finished seventh in the 400 hurdles with Suchan finishing in a tie for seventh in the high jump.

Since joining the Missouri Valley Conference in 1991, Northern Iowa's men's track and field program has been one of the most consistent forces in the league. In fact, in the first 15 MVC meets since UNI's membership, the Panthers have the best composite record in the league (see inside front cover).

The Panthers had four individuals qualify for the NCAA Indoor Championships in 1996, the most ever for a Northern Iowa squad. Woody in the 800, Walz and teammate Matt Casillas in the 35-lb. weight, and Juri Rovn in the pole vault.

During the outdoor track and field season, 27 lley student-athletes qualified for the NCAA championships with five -- Wichita State's Tupuritis (800 meters) and Katie Panek (hammer throw), Drake's Gina DeWitt (800meters), Illinois State's Cedric Chapman (discus) and Southwest Missouri State's Melinda Sallins (400-meters hurdles) -- earning All-America honors. In cross country, Southern Illinois' men's squad advanced to the NCAA Championship.

The 1992-93 academic year was a landmark year for the conference when, for the first time ever, it began administering women's programs.

The women's squads have brought their share of tradition to the Valley. Two former Southern Illinois stars, Connie Price-Smith and Shelly Zack, competed in the Olympics for the second time in 1992.

Other recent standouts include Indiana State's Holli Hyche, a double NCAA champion sprinter in 1994.

MVC athletes have excelled in the classroom as well. In its short history in the MVC, the Northern Iowa men's team has placed more student-athletes on the league's annual all-academic teams than any of its rivals.

Members of the Missouri Valley Conference include: Bradley, Creighton, Drake, Evansville, Illinois State, Indiana State, Northern Iowa, Southern Illinois, Southwest Missouri State and Wichita State.



The Panthers celebrate their second consecutive Valley indoor title last season in the UNI-Dome.

Northern Iowa

1996

Cross Country

1. Indiana State	59
2. Southern Illinois	69
3. Southwest Missouri	76
4. NORTHERN IOWA	107
5. Wichita State	118
6. Drake	120
7. Illinois State	147
8. Bradley	206
9. Creighton	262
10. Evansville	293

Indoor Track

1. NORTHERN IOWA	131
2. Illinois State	88
3. Indiana State	73
3. Wichita State	73
5. Southwest Missouri	68
6. Southern Illinois	58
7. Tulsa	44
8. Drake	23

Outdoor Track

1. Illinois State	152
2. NORTHERN IOWA	128
3. Indiana State	101
4. Wichita State	78
5. Southern Illinois	61
6. Southwest Missouri	59
7. Drake	50
8. Tulsa	21

1995 Cross Country

1. Southern Illinois	30
2. NORTHERN IOWA	63
3. Indiana State	104
4. Tulsa	107
5. Illinois State	125
6. Southwest Missouri	152
7. Wichita State	155
8. Drake	170
9. Evansville	284
10. Bradley	315
11. Creighton	321

Indoor Track

1. NORTHERN IOWA	129
2. Indiana State	97.5
3. Illinois State	89
4. Southern Illinois	83.5
5. Wichita State	58
6. Southwest Missouri	56
7. Drake	37
8. Tulsa	6

Outdoor Track

1. NORTHERN IOWA	140
2. Southern Illinois	102.5
3. Wichita State	97
4. Indiana State	96
5. Illinois State	83.5
6. Southwest Missouri	82
7. Drake	35
8. Tulsa	15

1994

Cross Country

1. Southern Illinois	33
2. Southwest Missouri	52
3. Indiana State	64
4. Illinois State	122
5. Tulsa	134
6. NORTHERN IOWA	155
7. Drake	163
8. Wichita State	218
9. Bradley	265
10. Creighton	304
11. Evansville	313

Indoor Track

1. Illinois State	150
2. Wichita State	95
3. NORTHERN IOWA	85
4. Indiana State	78
5. Southern Illinois	72.5
6. Drake	35.5
7. Southwest Missouri	30
8. Tulsa	12

Outdoor Track

1. Wichita State	172
2. Illinois State	120
3. NORTHERN IOWA	100
4. Indiana State	93
5. Southern Illinois	85
6. Drake	40
7. Southwest Missouri	33
8. Tulsa	5

1993

Cross Country

1. Illinois State	68
2. NORTHERN IOWA	69
3. Southwest Missouri	71
4. Indiana State	82
5. Southern Illinois	82
6. Drake	144
7. Wichita State	168
8. Tulsa	182
9. Bradley	268
10. Creighton	294

Indoor Track

1. Illinois State	145
2. NORTHERN IOWA	132
3. Indiana State	93
4. Wichita State	58
5. Southern Illinois	55
6. Southwest Missouri	45
7. Drake	29

Outdoor Track

1. Indiana State	139
2. NORTHERN IOWA	122
3. Illinois State	115
4. Southern Illinois	99
5. Wichita State	83
6. Southwest Missouri	67
7. Drake	27

1992

Cross Country

1. NORTHERN IOWA	53
2. Illinois State	69
3. Southwest Missouri	73
4. Wichita State	120
5. Indiana State	126
6. Southern Illinois	141
7. Tulsa	175
8. Bradley	186
9. Drake	199
10. Creighton	290

Indoor Track

1. Southern Illinois	135
2. Illinois State	115
3. Indiana State	93.5
4. NORTHERN IOWA	65
5. Southwest Missouri	61
6. Wichita State	48.5
7. Drake	39
8. Bradley	1
9. Tulsa	0

Outdoor Track

1. Southern Illinois	145
2. NORTHERN IOWA	124
3. Indiana State	112
4. Illinois State	99
5. Southwest Missouri	95
6. Wichita State	43
7. Drake	31
8. Bradley	1
9. Tulsa	0

1991

(1st Year in MVC)

Cross Country

1. Southern Illinois	47
2. Wichita State	56
3. Illinois State	78
4. NORTHERN IOWA	132
5. Indiana State	137
6. Drake	142
7. Southwest Missouri	165
8. Tulsa	190
9. Bradley	191
10. Creighton	300

Missouri Valley Conference Results

The UNI-Dome is a unique, multi-purpose athletic facility built in 1976 which has a reputation as one of the finest indoor track facilities in America.

It has been the site of numerous nationally prominent meets such as the Central Collegiate Conference Championships, the Mid-Continent Conference Championships, the AIAW National Championships and is annually the site of the premier indoor high school track meet in Iowa, the A.D. Dickinson Relays. In February of 1993, in just its second year in the conference, Northern Iowa hosted the Missouri Valley Conference Championships and did the same in 1996.

A glance at the UNI-Dome records list shows some of America's finest athletes, both past and present, have competed in the facility in its 21-year history.

The Dome combines the features of a fieldhouse, football stadium and large auditorium. In addition to top track and field events, it also has hosted NCAA football playoffs and will be the home of the 1997 NCAA Division I Wrestling Championships.



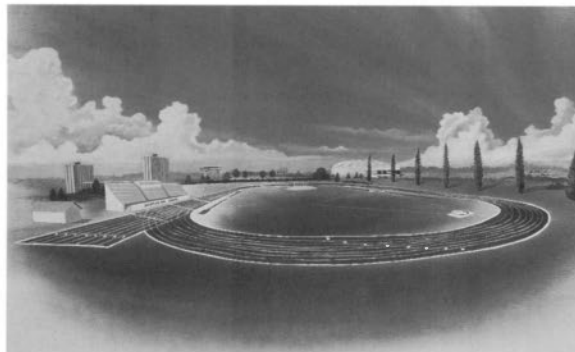
Approximately 16,400 spectators can be seated for football games and track meets and 10,000 for courtside activities.

The facility provides an ideal training atmosphere for the Northern Iowa track and field program. The Panthers are able to train in the Dome from November to April, utilizing all the field event stations simultaneously due to the spacious arrangement on the arena floor.

With one of the fastest 200-meter indoor tracks in America to call home, the Panthers annually attract some of the finest teams in the Midwest to their home meets.

Construction will be completed on the new outdoor track located on campus in 1997, and will allow UNI to have some of the finest overall track and field facilities anywhere.

The new facility will feature a 400-meter track with eight 48-inch lanes, the latest polyurethane surface and all field event stations.



UNI-Dome Records

55-Meter Dash.....6.09, Mark Witherspoon, Mizuno/Houston T.C. (1994)	Distance Medley Relay.....9:57.37, Notre Dame
55-Meter Hurdles.....7.20, Reggie Torian, Wisconsin (1995, '96)	Rogan, Harris, O'Connor, Garret (1988)
200 Meters.....21.28, Dazel Jules, Eastern Michigan (1988)	Shuttle Hurdle Relay.....29.52, UNI Track Club
400 Meters.....46.38, Tim Simon, Illinois (1988)	White, Lathrop, Morrison, Connor (1985)
600 Meters.....1:18.70, Joseph Chepsiror, Iowa State (1994)	Two-Mile Relay.....7:34.54, Eastern Illinois
800 Meters.....1:47.22, Einars Tupuritis, Wichita State (1996)	Oaks, Conlon, Neal, Maton (1988)
1,000 Meters.....2:27.92, Dmitry Dorzdov, Iowa State (1994)	35-lb. Weight Throw.....67-2, Cedric Chapman, Illinois State (1996)
Mile Run.....4:01.52, Roland Pauwels, Iowa State (1989)	Shot Put.....66-10 1/2, Al Fuerbach, Pacific Coast T.C. (1976)
3,000 Meters.....8:02.24, Barnaba Korir, Iowa State (1988)	High Jump.....7-3 3/4, Tim Suchan, Northern Iowa (1995)
5,000 Meters.....14:09.59, Don Johns, Eastern Michigan (1988)	Triple Jump.....52-2 1/4, Bannon Hayes, Illinois (1988)
Mile Relay.....3:10.68, Illinois	Long Jump.....25-4 1/2, Ed Stewart, Mankato State (1982)
Tolbert, Bridges, Hamer, Simon (1988)	Pole Vault.....17-9 1/4, Kelly Riley, Arkansas State (1990)
Sprint Medley Relay.....3:34.34, Northern Iowa	
Ebenezer, Robers, Froehle, Connell (1976)	

Northern Iowa

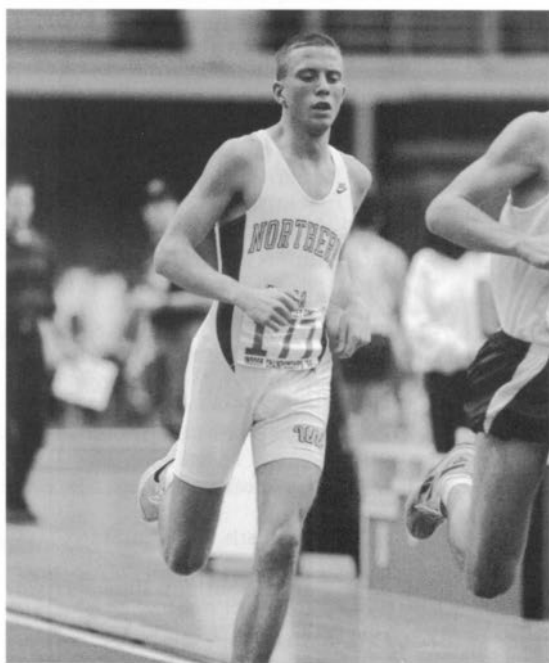
Head Coach Chris Bucknam's Coaching Honors

1985	Mid-Continent Indoor Coach of the Year
1986	Mid-Continent Outdoor Coach of the Year
	Mid-Continent Indoor Coach of the Year
1988	Mid-Continent Cross Country Coach of the Year
	Mid-Continent Indoor Coach of the Year
1990	Mid-Continent Cross Country Coach of the Year
	Mid-Continent Indoor Coach of the Year
1992	MVC Cross Country Coach of the Year
1995	MVC Indoor Coach of the Year
	MVC Outdoor Coach of the Year
	District V Outdoor Coach of the Year
	Finalist for National Coach of the Year
1996	MVC Indoor Coach of the Year

All-District Cross Country Performers Since 1983

All-District performers are those who finish in the top 25 at the District V Championships.
Distance is 10K.

1995	Kyle Kepler	20th	32:16
1992	Jeff Joiner	20th	32:05
	Marty Greene	22nd	32:07
1989	Bill Castle	22nd	31:37
1988	Dan Hostager	16th	31:11
	Tom Penningroth	20th	31:21
1983	Chris Leonard	22nd	32:31



Kyle Kepler

UNI's All-Americans

1939 - William Jenkins (1939)

Division II

- 1968 - Larry McCreary (120 Hurdles)
- 1969 - Larry McCreary (120 Hurdles)
Wayne Carpenter (Mile)
- 1970 - Wayne Carpenter (Mile)
Mike McCreary (Shot Put)
Rich Twedt (Cross Country)
- 1971 - Mike McCreary (Shot Put, Discus)
Rich Twedt (3-Mile, Cross Country)
- 1972 - Mike McCreary (Shot Put)
Rich Twedt (Cross Country)
- 1973 - Rich Twedt (Cross Country)
Ron Peters (Cross Country)
Dennis Roloff (Mile)
Dennis Schultz (Mile)
Dave Anderson, Mike Byington,
Steve Byington, Dennis Roloff (Mile Relay)
- 1974 - Dennis Schultz (Mile)
Rich Twedt (Six-Mile)
Scott Noltensmeier (120 Hurdles)
Steve Ford (Pole Vault)
Kent Wessely (High Jump)
Bill Cook (Decathlon)
- 1975 - Keith Schmidt (Pole Vault)
- 1977 - Bill Friedman (1,500 Meters)
John Holler (Shot Put)
Brent Geringer (Discus)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
- 1978 - Brent Geringer (Discus, Shot Put)
National Champion in Discus
Bob Friedman (1,500)
Bill Glassmaker (800 Meters)
Bill Lawson (Decathlon)
Tom Rogers (Pole Vault)
- 1979 - Bob Friedman (1,500 meters)
Brent Geringer (Discus, Shot Put)
Bill Glassmaker (800 Meters)
Tom Akers (400 Hurdles)
Tim Jamerson (Pole Vault)
Bill Lawson (Decathlon)
Jim Eredge (Cross Country)
Kim Sprain (Cross Country)
- 1980 - Bill Lawson (Decathlon)

Division I

- 1979 - Brent Geringer (Discus)
- 1989 - Jeff Burris (800 Meters)
Dan Hostager (3,000 Meters)
- 1993 - Johnny Westbrook (55-Meter Hurdles)
- 1994 - Joey Woody (400 Meter Hurdles)
- 1995 - Joey Woody (400 Meter Hurdles)
- 1996 - Joey Woody (800 Meters)
Allan Walz (35 lb. Weight)

Northern Iowa

Panther Indoor Records

EVENT	UNI RECORD	MVC MEET RECORD
55-Meter Dash	6.25, Kenny Shedd (1992)	6.24, Iziq Adeyanju, Wichita State (1990)
55-Meter Hurdles	7.29, Johnny Westbrook (1993)	7.26, Chris Lancaster, Indiana State (1990); Wil Lash, Indiana State (1996)
200 Meters	21.49, Kenny Shedd (1992)	21.15, Kevin Little, Drake (1990)
300 Meters	33.95, Jim Turner (1989)	29.81, Michael Franks (300yds), Southern Illinois (1990)
400 Meters	47.01, Jim Turner (1990)	47.87, Erick Pegues, Southern Illinois (1989)
600 Yards	1:10.02, Jeff Burris (1990)	Not competed at conference level
600 Meters	1:16.85, Joey Woody (1996)	1:17.80, Nave Wilson, Illinois State (1988)
800 Meters	1:47.75, Joey Woody (1996)	1:47.22, Einars Tupuritis, Wichita State (1996)
1,000 Yards	2:10.84, Bill Glassmaker (1979)	2:08.67, Mike Sullivan, Indiana State (1984)
1,000 Meters	2:27.99, Chad Flynn, (1995)	2:26.66, Nick Schwartz, Southern Illinois (1992)
Mile Run	4:07.54, Tom Penningroth (1989)	4:04.00, Chris Mares, Drake (1981)
3,000 Meters	8:02.67, Dan Hostager (1989)	8:20.28, Mike Straza, Illinois State (1992)
Two-Mile Run	8:54.70, Dave O'Brien (1979)	8:46.38, Mike Baker, Illinois State (1982)
5,000 Meters	14:27.01, Dan Hostager (1989)	14:20.40, Trey Harrison, Wichitat State (1989)
1,600-Meter Relay	3:09.95 (1996) Judisch, Garn, Mullenix, Woody	3:16.07, Southern Illinois (1990)
Mile Relay	3:16.11 (1988) Bartelt, Burris, Terrillion, Glasnapp	3:13.00, Southern Illinois (1982)
3,200-Meter Relay	7:27.32 (1989) Jay, Terrillion, Ross, Burris	7:34.00, Illinois State (1988)
Two-Mile Relay	7:29.32 (1989) Jay, Terrillion, Ross, Burris (1989)	7:34.30, Southern Illinois (1986)
Distance Medley Relay	10:00.22 (1979) Brennan, Hopkins, Glassmaker, Friedman	9:46.51, Southern Illinois (1984)
High Jump	7-4 1/2, Tim Suchan (1995)	7-4 1/2, Kevin Clements, Illinois State (1990); Darrin Plab, Southern Illinois (1991); Tim Suchan, Northern Iowa (1995)
Long Jump	24-8 1/4, Jason McCleary (1993)	25-7, Brian Bradley, Southern Illinois (1988)
Triple Jump	52-1, Junior Chukukere (1992)	52-1 1/4, Dion Simmons, Illinois State (1993)
Pole Vault	17-5 1/2, Juri Rován (1996)	17-7 1/2, Mike Heath, Wichita State, (1992)
Shot Put	60-3 1/4, Brent Geringer (1979)	62-4, John Smith, Southern Illinois (1984)
35-lb. Weight	67-7, Matt Casillas (1996)	67-2, Cedric Chapman, Illinois State (1996)

Northern Iowa

55-Meter Dash

1. 6.25 Kenny Shedd, 1992
2. 6.34 Joe Fuller, 198
3. 6.37 Doug Case, 1984
4. 6.38 Maceo Strickland, 1995
5. 6.44 Bill Hall (1949)
- 6.44 Frank Robinson (1957)
- 6.44 Jason McCleary (1993)
- 6.44 Dedric Ward (1996)

55-Meter Hurdles

1. 7.29 Johnny Westbrook, 1993
2. 7.31 Jay Connor, 1984
3. 7.32 Jason McCleary, 1993
4. 7.38 Joey Woody, 1996
5. 7.44 Ryan Santi, 1995

200 Meters

1. 21.49 Kenny Shedd, 1992
2. 21.79 Jim Turner, 1990
3. 22.14 David Harrington, 1988
4. 22.24 Cole Honeck, 1992,'93
5. 22.38 Rodney Garrett, 1988

400 Meters

1. 47.01 Jim Turner, 1990
2. 48.09 Jon Judisch, 1995*
3. 48.16 Kenny Shedd, 1991
4. 48.44 Brooks Glasnapp, 1987
5. 48.54 Joey Woody, 1994

600 Meters

1. 1:16.85 Joey Woody, 1995
2. 1:19.59 Miklos Arpasi, 1994
3. 1:19.71 Brent MacLagan, 1995
4. 1:20.13 Matt Mullenix, 1995
5. 1:20.75 Gregg Garn, 1994

800 Meters

1. 1:47.75 Joey Woody, 1996*
2. 1:49.30 Miklos Arpasi, 1993*
3. 1:49.56 Jeff Burris, 1989
4. 1:50.70 Kent Terrillion, 1988
5. 1:52.03 Matt Mullenix, 1995*

Mile Run

1. 4:07.54 Tom Penningroth, 1989
2. 4:09.77 Bill Glassmaker, 1984
3. 4:09.84 Dennis Schultz, 1974
4. 4:10.57 Chad Flynn, 1993
5. 4:10.68 Kory Swart, 1996

3,000 Meters

1. 8:02.67 Dan Hostager, 1989
2. 8:15.77 Tom Penningroth, 1989
3. 8:16.31 Bill Castle, 1991*
4. 8:27.94 Trent Timson, 1988
5. 8:29.54 Marty Greene, 1991

5000 Meters

1. 14:27.01 Dan Hostager, 1989
2. 14:29.69 Chris Leonard, 1983
3. 14:32.95 Dan Fick, 1985
4. 14:33.34 Marty Greene, 1993
5. 14:38.64 Doug Nelson, 1981

Pole Vault

1. 17-5 1/2 Juri Rovani, 1996
2. 17-5 1/4 Brad Miller, 1991
3. 17-1 1/2 Bob Edwards, 1991
4. 16-9 1/2 Troy Becker, 1986
5. 16-9 Russ Adams, 1984

High Jump

1. 7-4 1/2 Tim Suchan, 1995
2. 7-3 1/4 Peter Herber, 1994
3. 7-1 1/2 Steve Daugherty, 1992
4. 7-0 1/2 Ryan Santi, 1994
5. 7-0 Steve Weaver, 1983

Long Jump

1. 24-8 1/4 Jason McCleary, 1993
2. 24-0 1/2 Brad Miller, 1991
3. 23-11 Bob Smith, 1993
4. 23-9 Jason Woodford, 1983
5. 23-8 Rodney Garrett, 1988

Triple Jump

1. 52-1 Junior Chukukere, 1992
2. 49-7 Alan Topolovcan, 1996
3. 49-0 1/4 Bill Lawson, 1978
4. 46-10 1/4 Bob Williams, 1982
5. 46-9 Brian Makela, 1983

Shot Put

1. 60-3 1/4 Brent Geringer, 1979
2. 58-2 Tom Reints, 1981
3. 57-0 3/4 Arnie Doden, 1983
4. 56-5 1/4 John Holler, 1978
5. 55-10 1/2 Matt Casillas, 1996

35-lb. Weight

1. 67-7 Matt Casillas, 1996
2. 66-3 3/4 Allan Walz, 1996
3. 52-1 1/2 Kelly Tagtow, 1987
4. 49-11 Mike Maddox, 1996
5. 48-11 1/2 Billy Nordyke, 1996

* Size of track over 200 meters

Indoor Bests

Northern Iowa

Panther Outdoor Records

EVENT	UNI RECORD	MVC MEET RECORD
100-Meters	10.43, Maceo Strickland (1994)	10.2, Mike Kee, Southern Illinois (1977); Iziaq Adeyanju, Wichita State (1990)
110-Meter Hurdles	13.84, Larry McCready (1967)	13.67, Ed Williams, Southern Illinois (1992)
200 Meters	20.95, Kenny Shedd (1992)	20.53, Ed Williams, Southern Illinois (1992)
400 Meters	46.84, Dennis Roloff (1972)	45.91, Elvis Forde, Southern Illinois (1984)
400-Meter Hurdles	48.62, Joey Woody (1996)	49.97, Joey Woody, Northern Iowa (1995)
800 Meters	1:48.10, Jeff Burris (1988)	1:46.44, Einars Tupuritis, Wichita State (1996)
1,500 Meters	3:44.06, Bob Friedman (1979)	3:45.00, Chris Mares, Drake (1980)
Mile Run	4:03.94, Dennis Schultz (1974)	4:02.74, Allen Walker, Wichita State (1973)
3,000 Meter Steeplechase	9:04.85, Jeff Short (1991)	8:39.29, Vern Iwancin, Drake (1981)
5,000 Meters	14:20.24, Dan Hostager (1990)	14:05.12, Carl Davies, Illinois State (1981)
10,000 Meters	29:51.64, Chris Leonard (1985)	29:37.91, Mike Keane, Southern Illinois (1981)
400-Meter Relay	40.93, Shedd, Westbrook, McCleary, Honeeck (1992)	40.26 Drake (1985)
1,600-Meter Relay	3:09.48, Judisch, A. Garn, Mullenix, Woody (1995)	3:04.60 Southern Illinois (1982)
Sprint Medley Relay	3:17.29, McCleary, Honeeck, Woody, Arpasi (1993)	Not competed at conference level
Distance Medley Relay	9:47.70, Burris, Shedd, Terrillion, Hostager (1990)	Not competed at conference level
Shuttle Hurdle Relay	56.95, McCleary, Woody, A. Garn, Westbrook (1993)	Not competed at conference level
High Jump	7-3 3/4, Tim Suchan (1994)	7-8, Darrin Plab, Southern Illinois (1992)
Pole Vault	18-1, Juri Rován (1996)	17-4 1/2, Bob Edwards, Northern Iowa (1992)
Long Jump	24-10 3/4, Wayne Simon (1987)	25-7 1/2, Don DuVall, Wichita State (1978)
Triple Jump	51-6 1/4, Junior Chukukere (1992)	53-11 3/4, Dion Simmons, Illinois State (1992)
Shot Put	58-6, John Holler (1976)	61-7 3/4, Joel Sward, Drake (1992)
Discus	199-6, Brent Geringer (1979)	193-8, Dwayne Mayfield, West Texas State (1982)
Javelin	207-7, Juri Rován (1995)	274-7, Bob Roggy, Southern Illinois (1978) (Old Javelin)
Hammer Throw	197-11, Allan Walz (1996)	209-2, Matt Quinn, Indiana State (1993)
Decathlon	7,419, Brad Miller (1992)	7,574, Keith Stewart, West Texas State (1984)

Northern Iowa

100 Meters

1. 10.43 Maceo Strickland 1994
2. 10.54 John Harland, 1977
3. 10.57 Joe Fuller, 1984
4. 10.64 Doug Case, 1986
- 10.64 Al Atherton, 1977

200 Meters

1. 20.95 Kenny Shedd, 1992
2. 21.24 Bob Ruchti, 1967
3. 21.36 Jim Turner, 1991
4. 21.49 Rodney Garrett, 1988
5. 21.54 Doug Case, 1986

400 Meters

1. 46.94 Dennis Roloff, 1972
2. 46.99 Kenny Shedd, 1992
3. 47.09 Joey Woody, 1994
4. 47.40 Brooks Glasnapp, 1986
5. 47.43 Jim Turner, 1991

800 Meters

1. 1:48.10 Jeff Burris, 1988
2. 1:48.41 Joey Woody, 1994
3. 1:48.46 Miklos Arpasi, 1994
4. 1:48.55 Bill Glassmaker, 1979
5. 1:49.70 Kent Terrillion, 1990

1,500 Meters

1. 3:44.06 Bob Friedman, 1979
2. 3:47.65 Mark Feyerheisen, 1980
3. 3:48.23 Joe Teeling, 1979
4. 3:49.20 Chad Flynn, 1995
5. 3:50.74 Carl Burrell, 1984

3000-Meter Steeplechase

1. 9:04.85 Jeff Short, 1991
2. 9:05.74 Steve Gearhart, 1986
3. 9:10.54 Jim Whitcomb, 1983
4. 9:11.09 Jay Brock, 1996
5. 9:16:04 Steve MacTaggart, 1977

5000 Meters

1. 14:20.24 Dan Hostager, 1990
2. 14:21.04 Bill Castle, 1990
3. 14:31.54 Jim Erredge, 1979
4. 14:32.24 Dave O'Brien, 1979
5. 14:35.11 Todd Goodell, 1986

10,000 Meters

1. 29:51.64 Chris Leonard, 1985
2. 29:59.24 Bryan Huhnerkoch, 1979
3. 30:13.44 Doug Nelson, 1982
4. 30:14.59 Todd Goodell, 1986
5. 30:22.13 Bill Castle, 1990

110-Meter Hurdles

1. 13.84 Larry McCready, 1967
2. 13.97 Johnny Westbrook, 1993
3. 14.09 Joey Woody, 1994
4. 14.10 Jay Connor, 1984
5. 14.11 Jason McCleary, 1993

Javelin (New)

1. 207-7 Juri Rovani, 1995
2. 204-8 Mike Raffensperger, 1989
3. 192-9 Scott Sloan, 1986
4. 175-5 Brad Miller, 1992
5. 173-2 Jason McCleary, 1993

400-Meter Hurdles

1. 48.62 Joey Woody, 1996
2. 51.69 Alex Garn, 1995
3. 51.78 Gregg Garn, 1993
4. 52.00 Tom Akers, 1979
5. 52.47 Joel Hartman, 1988

High Jump

1. 7-3 3/4 Tim Suchan, 1991
2. 7-1 3/4 Pete Herber, 1994
3. 7-0 Ryan Santi, 1993
4. 6-11 3/4 Steve Daugherty, 1992
5. 6-11 Steve Weaver, 1983

Long Jump

1. 24-10 3/4 Wayne Simon, 1987
2. 24-10 1/2 Jason McCleary, 1993
3. 24-2 1/2 Bobby Williams, 1981
4. 24-2 1/4 Todd Madsen, 1993
5. 24-1 3/4 Bob Smith, 1992

Triple Jump

1. 51-6 1/4 Junior Chukukere, 1992
2. 50-7 1/4 Alan Topolovcan, 1996
3. 50-2 Bill Lawson, 1977
4. 49-6 3/4 Bobby Williams, 1982
5. 49-6 1/2 Craig Fay, 1968

Pole Vault

1. 18-1 Juri Rovani, 1996
2. 17-4 1/2 Bob Edwards, 1992
3. 17-4 1/4 Russ Adams, 1985
4. 17-0 Brad Miller, 1990
5. 16-1 Troy Becker, 1986

Shot Put

1. 58-6 John Holler, 1978
2. 58-4 Tom Reints, 1982
3. 57-8 3/4 Mike McCready, 1971
4. 57-6 1/4 Brent Geringer, 1979
5. 54-11 1/2 Matt Casillas, 1995

Hammer Throw

1. 197-11 Allan Walz, 1996
2. 195-7 Matt Casillas, 1996
3. 185-9 Tom Reints, 1982
4. 167-6 Ken Schwartz, 1975
5. 165-3 John Holler, 1977

Discus

1. 199-6 Brent Geringer, 1979
2. 187-10 Matt Haven, 1984
3. 184-8 Allan Walz, 1995
4. 178-0 Arnie Doden, 1983
5. 177-2 Mike Maddox, 1996

Decathlon

1. 7,419 Brad Miller, 1992
2. 7,314 Bill Lawson, 1980
3. 7,225 Jason McCleary, 1993
4. 6,821 Bill Cook, 1974
5. 6,789 Gary Whitman, 1979

Javelin (Old)

1. 207-4 3/4 Lloyd Gnagy, 1937
2. 199-6 Gene Chinander, 1974
3. 195-1 Doug Reeves, 1975
4. 193-9 Scott Sloan, 1985
5. 193-5 Gary Whitman, 1980

Outdoor Bests

Northern Iowa

1996 Season Bests

Indoor Track

55 Meters
55-Meter Hurdles
200 Meters
400 Meters
600 Meters
800 Meters
1,000 Meters
3,000 Meters
5,000 Meters
Mile Run
4 x 400 Meter Relay
Pole Vault
Long Jump
Triple Jump
Shot Put
35-lb. Weight

6.39, Maceo Strickland (MVC Championships)
#7.38, Joey Woody (UNI-Dome Open)
22.69, Jason Bradley (ISU Classic)
48.19, Jon Judsich (MVC Championships)
*1:18.34, Joey Woody (ISU Holiday Classic)
!1:47.75, Joey Woody (ISU National Qualifier Meet)
2:28.22, Matt Mullenix (MVC Championships)
8:30.82, Jeff Joiner (Mercantile Bank Classic)
14:44.60, Kyle Kepler (ISU National Qualifier Meet)
4:10.68, Kory Swart (ISU Classic)
*#3:09.95, Judisch, Garn, Mullenix, Woody (ISU Nat. Qualifier)
*#17-5 1/2, Juri Rován (Husker Invitational)
23-7 1/2, Alen Topolovcan (Mercantile Bank Classic)
49-7, Alen Topolovcan (Husker Invitational)
55-10 1/2, Matt Casillas (ISU National Qualifier Meet)
*#67-7, Matt Casillas (ISU National Qualifier Meet)
#66-3 3/4, Allan Walz (ISU National Qualifier Meet)

Outdoor Track

100 Meters
200 Meters
400 Meters
800 Meters
1,500 Meters
5,000 Meters
10,000 Meters
Steeplechase
110-Meter Hurdles
400-Meter Hurdles
4 x 400 Meter Relay
Sprint Medley
Distance Medley
Pole Vault
Javelin
High Jump
Long Jump
Triple Jump
Shot Put
Discus
Hammer Throw
Decathlon

10.79, Maceo Strickland (MVC Championships)
23.32, Maceo Strickland (Arizona Invitational)
47.92, Jon Judisch (MVC Championships)
1:51.91, Matt Mullenix (Dr. Keeler Invitational)
3:58.48, Jay Brock (Wisconsin Twilight Meet)
14:49.90, Kyle Kepler (SEMotion Relays)
30:30.93, Kyle Kepler (Drake Relays)
9:11.09, Jay Brock (Drake Relays)
14.58, Alex Garn (Sea Ray Relays)
52.79, Alex Garn (Wisconsin Twilight Meet)
3:15.50 (SEMotion Relays)
3:25.60 (SEMotion Relays)
9:56.74 (Drake Relays)
#17-3, Juri Rován (Sea Ray Relays)
197-10, Juri Rován (MVC Championships)
6-8, Chad Jewell (SEMotion Relays)
23-9, Alen Topolovcan (MVC Championships)
50-7 1/4, Alen Topolovcan (MVC Championships)
54-8 1/4, Matt Casillas (MVC Championships)
#182-0, Allan Walz (Hawkeye Invitational)
*#197-11, Allan Walz (MVC Championships)
6,277, Corey Janisch (MVC Championships)

NCAA Provisional Qualifier

* UNI Record

! NCAA Automatic Qualifier



Matt Mullenix



Alen Topolovcan

Northern Iowa

Coming off a second-place finish at the 1995 MVC Championship and returning four of their top five runners from last season, the Panthers set their sights on winning their first MVC Championship since 1992. The Panthers were picked to finish second behind Southern Illinois in the pre-season coaches poll and the pieces seemed to be in place to make a run at the title. However, a re-occurring hamstring injury to three-time all-conference performer, Kyle Kepler, prior to the first meet turned an experienced team into an inexperienced team. The young Panther squad could not make up for the loss of Kepler, but ended up finishing an impressive fourth at the MVC meet. Junior Jay Brock stepped up in Kepler's absence to become an outstanding Division I talent. Brock finished in the top 10 in five of the six meets and was a member of the all-conference team for the second year in a row, as a result of his fourth-place finish at the MVC meet. At the Notre Dame Invitational, Brock ran the third fastest time in Northern Iowa cross country history with a 24:27 clocking.

September 7, 1996 Minnesota Invitational Minneapolis, Minn.

Minnesota	26
Northern Iowa	32

Panther finishers (8K)

2. Jay Brock	25:44.2
4. Sam Burkett	26:14.3
5. Rob Semelroth	26:20.0
8. Marshall Blaine	26:38.3
13. Eric Potter	27:48.6

September 21, 1996 Iowa Invitational Iowa City, IA

Iowa	41
Illinois State	44
Northern Iowa	55
Bradley	115
Western Illinois	116

Panther finishers (8K)

2. Jay Brock	25:33
7. Sam Burkett	26:08
9. Rob Semelroth	26:17
19. Marshall Blaine	27:00
22. Eric Potter	27:19

October 4, 1996 Notre Dame Invitational Notre Dame, IN

Michigan	61
Notre Dame	69
Duke	96
North Central College	117
Cincinnati	181
Wisconsin Oshkosh	190
Calvin College	216
Lewis University	265
Augustana	278
Truman State	294
Taylor University	294
West Virginia	296

Hillsdale College	309
Northern Iowa	327
Malone College	339
UNC Charlotte	390
Rochester Institute of Technology	394

Panther finishers (8K)

10. Jay Brock	24:27
50. Rob Semelroth	25:23
72. Sam Burkett	25:41
91. Eric Potter	26:08
104. Marshall Blaine	26:26

October 19, 1996 Iowa State Memorial Classic Ames, Iowa

Life College	49
Iowa State	54
Minnesota	97
Kansas	107
Illinois State	112
Northern Iowa	151
Drake	152
South Dakota	153
Minnesota-Duluth	277
Missouri-Kansas City	298
Creighton	321
McKendree College	338

Panther finishers (5 Miles)

9. Jay Brock	25:56
25. Sam Burkett	26:52
30. Rob Semelroth	27:02
40. Marshall Blaine	27:24
49. Eric Potter	27:41

November 2, 1996 Missouri Valley Conference Championships Cedar Falls, Iowa

Indiana State	59
Southern Illinois	69
SW Missouri State	76
Northern Iowa	107
Wichita State	118

Drake	120
Illinois State	147
Bradley	206
Creighton	262
Evansville	293

Panther finishers (8K)

4. Jay Brock	24:59
18. Sam Burkett	25:32
21. Marshall Blaine	25:43
30. Rob Semelroth	25:55
34. Eric Potter	26:06

November 16, 1996 NCAA Regional Championships Peoria, Illinois

Oklahoma State	47
Nebraska	58
Kansas State	67
Indiana State	137
Missouri	150
Kansas	168
Southern Illinois	201
SW Missouri State	262
Drake	268
Northern Iowa	279
Tulsa	297
Bradley	368
Creighton	420
Saint Louis	424

Panther finishers (10K)

42. Jay Brock	32:33
43. Rob Semelroth	32:40
51. Sam Burkett	32:56
60. Marshall Blaine	33:17
83. Eric Potter	34:41

1996 Cross Country

Northern Iowa

Iowa's Best Run For UNI

While Northern Iowa's continued success in the past decade can be attributed to the hard work and dedication of student-athletes from across the United States, the Panther tradition of excellence has been built around Iowans. Many high school stars from the state have gone on to achieve success on the national level while attending Northern Iowa.

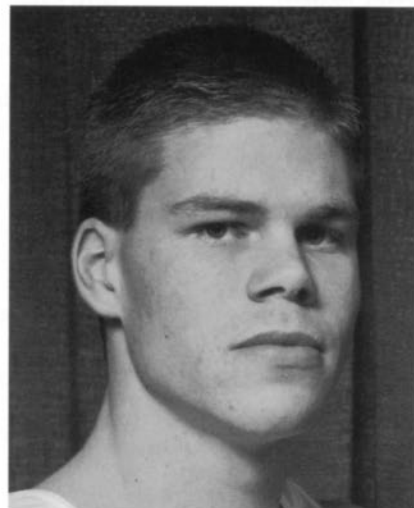
The 1996 4 x 400-meter relay team that set the Panther indoor record and provisionally qualified for the NCAA Indoor Championships with a time of 3:09.95 was made up of four Iowans (Jon Judisch, Tripoli, Iowa; Alex Garn, Ames, Iowa; Matt Mullenix, Woodbine, Iowa; and Joey Woody, Iowa City, Iowa).

The Panthers also sent a Northern Iowa record four student-athletes to compete at the 1996 NCAA Indoor Championships, three of whom came from the state of Iowa (Matt Casillas, Davenport, Iowa; Joey Woody, Iowa City, Iowa; and Allan Walz, Bondurant, Iowa). Woody and Walz each earned all-American honors at the meet, Woody in the 800 meters and Walz in the 35 lb. weight.

Listed on the following page are the NCAA Division I national qualifiers from Iowa who have represented UNI:



*Dan Hostager
All-American - 3,000 meters
Audubon, Iowa*



*Tim Suchan
1996 U.S. Olympic Trials - High Jump
Cedar Rapids, Iowa*



*Jeff Burris
All-American - 800 Meters
Ames, Iowa*



*Brent Geringer
National Champion - Discus
Mount Ayr, Iowa*

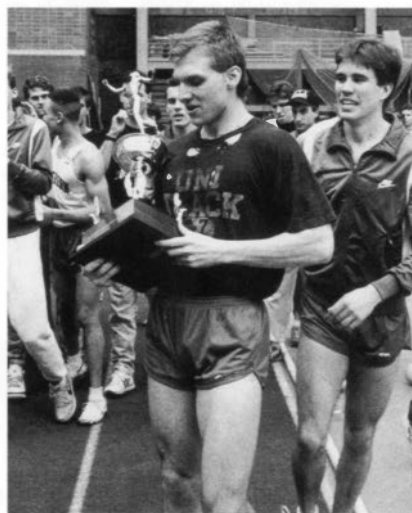
Northern Iowa

Russ Adams, Pocahontas
Jeff Burris, Ames
Matt Casillas, Davenport
Steve Daugherty, Cedar Rapids
Bob Edwards, Fort Dodge
Alex Garn, Ames
Brent Geringer, Mount Ayr
Pete Herber, Dubuque

Dan Hostager, Audubon
Jason McCleary, Newton
Kenny Shedd, Davenport
Tim Suchan, Cedar Rapids
Jim Turner, Marshalltown
Allan Walz, Bondurant
Joey Woody, Iowa City



Joey Woody
1996 U.S. Olympic Trials - 400 Hurdles
Iowa City, Iowa



Jim Turner
1991 Conference Athlete of the Year
Marshalltown, Iowa



Kent Terrillion
Conference Champion - 800 Meters
Marshalltown, Iowa



Allan Walz
All-American - Discus
Bondurant, Iowa

Iowa's Best Run For UNI

Northern Iowa

Indoor

Outdoor

NCAA Qualifying Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55-Meter Dash	6.19	--	6.28	--
55-Meter Hurdles	7.24	--	7.39	--
200 Meters	(a) 21.30	--	21.75	--
	(b) 21.15	--	21.60	--
	(c) 21.00	--	21.45	--
400 Meters	(a) 46.97	46.7	48.05	47.8
	(b) 46.72	46.4	47.80	47.5
	(c) 46.47	46.2	47.55	47.3
800 Meters	(d) 1:49.15	1:48.9	1:50.80	1:50.6
	(c) 1:48.65	1:48.4	1:50.30	1:50.0
Mile	(d) 4:01.80	4:01.5	4:06.50	4:06.2
	(c) 4:01.00	4:00.7	4:05.70	4:05.4
3,000 Meters	(d) 8:01.50	8:01.2	8:12.00	8:11.7
	(c) 8:00.20	7:59.9	8:10.70	8:10.4
5,000 Meters	(d) 14:00.00	13:59.7	14:18.00	14:17.7
	(c) 13:58.15	13:57.9	14:16.15	14:15.9
1,600 Relay	(a) 3:10.00	3:09.7	3:14.00	3:13.7
	(b) 3:08.50	3:08.2	3:12.50	3:12.2
	(c) 3:07.00	3:06.7	3:11.00	3:10.7
Mile Relay	(a) 3:11.20	3:10.9	3:15.20	3:14.9
	(b) 3:09.70	3:09.4	3:13.70	3:13.4
	(c) 3:08.20	3:07.9	3:12.20	3:11.9
Distance Medley - Meters				
	(d) 9:38.00	9:37.7	9:52.00	9:51.7
	(c) 9:35.75	9:35.5	9:49.75	9:49.5
Distance Medley - Yards				
	(d) 9:40.00	9:39.7	9:55.00	9:54.7
	(c) 9:37.75	9:37.5	9:52.75	9:52.5
High Jump	2.25	7-4 1/2	2.16	7-1
Long Jump	7.90	25-11	7.60	24-11 3/4
Triple Jump	16.25	53-3 3/4	15.65	51-4 1/4
Pole Vault	5.50	18-0 1/2	5.22	17-1 1/2
Shot Put	18.65	61-2 1/4	17.40	57-1
35-Lb. Weight	20.85	68-5	18.40	60-4 1/2

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 Meters	10.18	--	10.40	--
200 Meters	20.55	--	20.90	--
400 Meters	45.60	45.3	46.50	46.2
800 Meters	1:47.30	1:47.0	1:49.20	1:48.9
1,500 Meters	3:41.30	3:41.0	3:45.50	3:45.2
Mile	3:59.09	3:58.8	4:04.06	4:03.8
3,000-Meter Steeplechase				
	8:44.00	8:43.7	8:57.00	8:56.7
5,000 Meters	13:50.00	13:49.7	14:15.00	14:14.7
10,000 Meters	29:10.00	29:09.7	29:55.00	29:54.7
110 Hurdles	13.72	--	14.00	--
400 Hurdles	50.20	49.9	51.30	51.0
400-Meter Relay	39.35	39.1	40.00	39.7
440-Yard Relay	39.55	39.3	40.20	39.9
1,600-Meter Relay	3:04.40	3:04.1	3:07.50	3:07.2
Mile Relay	3:05.60	3:05.3	3:08.70	3:08.4
High Jump	2.25	7-4 1/2	2.18	7-1 3/4
Long Jump	8.05	26-5	7.70	25-3 1/4
Triple Jump	16.45	53-11 3/4	15.75	51-8 1/4
Pole Vault	5.52	18-1 3/4	5.26	17-3
Shot Put	18.80	61-8 1/4	17.60	57-9
cus	59.00	193-7	55.00	180-6
Javelin	73.00	239-7	67.00	219-10
Hammer	67.50	221-5	60.00	196-10
Decathlon	7,600 pts.		7,150 pts.	

(a) = Size of track under 200m/220y

(b) = Size of track 200m/220y

(c) = Size of track over 200m/220y

(d) = Size of track 200m/220y or less

Northern Iowa



1997 Panthers: Front Row L to R: Tony Tatman, Tate Dunham, Matt Mullenix, Tom Hesse; (Row 2) Jason Bradley, Jason Drewlow, Corey Janisch, Justin Kinard, Michael Schneiter, Rob Semelroth; (Row 3) Mike Maddox, Jason Potter, Brock Boettcher, Kory Swart, Kyle Kepler, Brent MacLagan; (Row 4) Luke Stater, Jay Brock, Eric Potter, Tim Kirchoff, Billy Nordyke, Josh Kehoe, Jon Voigt; (Row 5) Jon Judisch, Terry Dykstra, Chad Weber, Dave Jennings, C.J. Jones, Marshall Blaine; (Row 6) Joey Woody, Dan Joyner, Ben Mischke, Sam Burkett, Head Coach Chris Bucknam, Assistant Head Coach Bill Lawson, Manager James Barnes

1997 Panthers

Track & Field

MEN'S *Indoor* **TRACK**

DEC	13	Iowa State Holiday Meet	Ames, IA
JAN	18	Iowa Invitational	Iowa City, IA
	25	Wisconsin Invitational	Madison, WI
	31	Mercantile Bank Invitational	Cedar Falls, IA
FEB	7/8	Cyclone Invitational	Ames, IA
	4	UNI Dome Open	Cedar Falls, IA
	21/22	Missouri Valley Championships	Carbondale, IL
	28	ISU National Qualifying Meet	Ames, IA
MAR	7/8	NCAA Indoor National Chmps.	Indianapolis, IN

MEN'S *Outdoor* **TRACK**

MAR	21/22	Jim Click Invitational	Tucson, AZ
	27/29	Sun Devil Relays	Tempe, AZ
APR	4/5	Open	
	11/12	Jim Duncan Invitational	Des Moines, IA
	18/19	Kansas Relays	Lawrence, KS
	25/26	Drake Relays	Des Moines, IA
MAY	2	Wisconsin Twilight	Madison, WI
	14/17	Missouri Valley Championships	Normal, IL
JUNE	3/7	NCAA Outdoor National Chmps.	Bloomington, IN

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